

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER NOVEMBER 2023



In This Month's Issue:

- Attitude of Gratitude
- Wall Sit
- Sweet Potato
- Diabetes Awareness
- Mental Health Minute
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- **Take Ten Session** - 25 Wellness Points: The single most important parenting strategy - Becky Kennedy - TED *A little longer than 10 minutes but WORTH it for everyone, not only parents*
 - Take Ten Session [Google Form](#)
- **Wellness Challenge** - 25 Wellness Points: Attitude of Gratitude - Page 2
- **Crossword Puzzle** - 25 Wellness Points: Page 8 or online! Complete the puzzle, click print then save as PDF or screenshot to submit online.
- **Wellness Book Bingo** - 100 Wellness Points: Throughout the 2023/2024 school year, read books on the board to complete a bingo! - Page 7
 - Complete the [Google Form](#) for each book you read.
- Open Way Yoga [Online Class Library](#)
- Open Way Yoga Grief Yoga begins on Monday, Oct. 2 at 7:30 pm at the Huron Studio at 607 Main Street. Anyone experiencing grief or loss is invited to attend the 10 week session using breathwork, movement, and other tools to help normalize and build resilience in the experience of grief. This is a free event sponsored by the Madison Brenton Foundation.

Submit your November wellness activities by Tuesday, December 5th!
All wellness activities can be found on the [SCS Wellness website](#)

ATTITUDE OF GRATITUDE

BE GRATEFUL FOR ALL OF THE THINGS AROUND YOU, INCLUDING YOURSELF!
CHECK OFF AS MANY BOXES AS YOU CAN THROUGHOUT THIS MONTH.

☐

**Call someone
you love**

☐

**De-clutter
your desk**

☐

**Make a list of
your goals**

☐

**Practice being
present**

☐

**Give yourself a
pep-talk**

☐

**Eat lunch with
a friend or
co-worker**

☐

**Send an
encouraging text
to 5 people**

☐

**Volunteer in the
community**

☐

**Go somewhere
you haven't been
before**

☐

**Bring your
neighbor's trash
can in**

☐

**Take your pet
for a long walk**

☐

**Hold the door
for someone
behind you**

☐

**Double your
waiter's tip**

☐

**Buy a coffee for a
co-worker**

☐

**Turn your phone
off during dinner**

☐

**Write a friend a
note or letter**

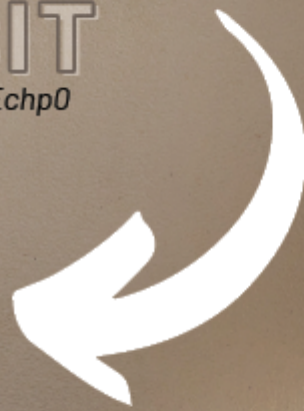
NAME:

WALL SIT

TONES & STRENGTHENS MUSCLES
INCREASES STAMINA & ENDURANCE
IMPROVES POSTURE
NO EQUIPMENT NEEDED
GREAT FOR CORE STRENGTH

HOW TO DO A WALL SIT

<https://youtu.be/xD42HFEchp0>



SWEET POTATO

STABILIZES BLOOD SUGAR

SUPPORTS EYE HEALTH

REDUCES INFLAMMATION

IMPROVES DIGESTION

PROTECTS CARDIOVASCULAR HEALTH

MAINTAIN A HEALTHY WEIGHT

CINNAMON HONEY BUTTER SWEET POTATOES

2 1/2 lbs. sweet potatoes peeled and
diced into 3/4-inch to 1-inch pieces

5 tbsp. butter

3 tbsp. honey

1 1/2 tsp. cinnamon

1/2 tsp. salt

1/4 c. pecans

1/4 c. old fashioned oats

1-2 tbsp. brown sugar

- Preheat oven to 350 degrees. Spray a 9×13-inch baking dish lightly with cooking spray.
- In a small microwave-safe bowl, melt the butter, then add the honey, cinnamon, and salt. Stir to combine.
- Place sweet potatoes in the baking dish, then pour the honey butter mixture on top and toss well to evenly coat.
- Transfer baking dish to the oven and bake for 50-55 minutes total, tossing twice while they bake. During the last 5 minutes of baking time, scatter with pecans and oats. Serve and enjoy!







DIABETES AWARENESS

According to the Centers for Disease Control and Prevention (CDC), more than **34 million people** in the United States have diabetes.



There are two main types of diabetes:

-  Type 2 diabetes (90%–95%)
-  Type 1 diabetes (5%–10%)



The most common signs of diabetes include:



Thirst



Frequent
urination



Extreme
hunger



Unexplained
weight loss



The presence of
ketones in urine



Fatigue



Slow-healing
sores



Frequent
infections

Complications of uncontrolled diabetes



Pain



Heart and blood
vessel disease



Rashes,
blisters, or boils



Nerve
damage



Kidney
damage

What can help manage diabetes?



Monitor your
blood sugar.



Undergo
insulin therapy.



Eat fruits,
vegetables,
lean proteins and
whole grains.



Monitor your
weight and body
mass index (BMI).



Do 30 minutes
of aerobic exercise
a day.

MENTAL HEALTH MINUTE

NOVEMBER 2023



Daylight Saving Time's Impact on the Brain

Most of the United States alternates between standard and daylight saving time (DST) every year so people can enjoy the daylight more. Clocks will be set back an hour on Sunday, Nov. 5, when DST ends, giving you an extra hour in your day. Although you may be excited about gaining an hour, DST can negatively impact your mental health and cognitive function.

The time change of DST can disrupt your body's circadian rhythm—the 24-hour biological cycle that regulates sleep, mood and appetite. As a result, many people struggle to adapt their sleeping schedule to the new time. It can take days or even a week to adjust to your new schedule, which can cause sleep deprivation.

Disrupted sleep can cause you to feel groggy, irritable and unfocused. It can also exacerbate existing mental health conditions, such as anxiety, depression, seasonal affective disorder, substance abuse and suicidal thoughts.

Adjusting to DST

You can prepare your mind and body for DST by altering your sleep time a few days before the clocks change. For example,

you can adjust your wake-up time by fifteen minutes each day or postpone morning tasks for fifteen minutes to prepare your body for the adjustment.

After the time change, you can help recover lost sleep with extra naps during the afternoon. Additionally, you can use the change to evaluate your sleep hygiene. Remember that using technology (e.g., phones and TV) right before bed can cause difficulty falling asleep and reduce rapid eye movement (REM) cycles. Try reading a book, relaxing or meditating before bed to help yourself fall asleep.

You can also improve your sleep quality by exercising during the day. This will tire your body and help you adjust to an altered sleep schedule.

Conclusion

Helping your body prepare for the end of DST can reduce its impact on your sleep, mood and fatigue levels. Use the healthy tips in this article to reduce the impact of DST on your sleep schedule.

The Benefits of Meditation for Anxiety

According to the Anxiety and Depression Association of America, anxiety affects 19% of American adults every year, making anxiety disorders the most common mental illness in the United States.

Meditation has been proven to help improve mental health conditions, such as anxiety and depression. A recent study published by JAMA Psychiatry found that meditation may be as effective as medication for managing long-term anxiety symptoms for some people.

How Does Meditation Help with Anxiety?

Meditation involves focusing your attention on the present and reducing the flow of thoughts in your mind. As a result, it can help you reduce negative feelings and social anxiety symptoms, as well as help you accept your anxious thoughts and feelings. Studies have shown that meditation can also reduce chronic stress, emotional exhaustion and insomnia.

Meditating for Beginners

If you're new to meditation, one of the best places to begin

is by focusing on being present in the moment. You can start by focusing on your body or breathing for 15 minutes at a time. Try this while walking, eating or relaxing on the couch.

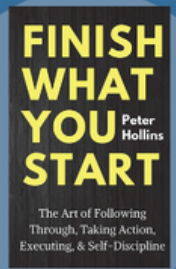
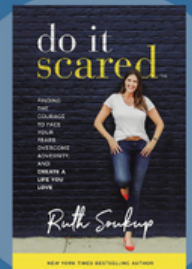
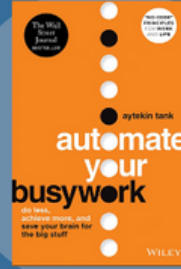
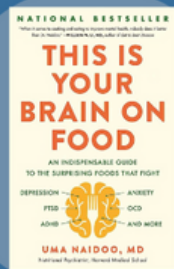
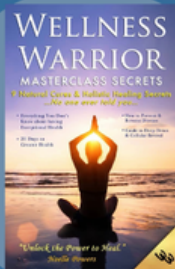
You can also try mantra meditation, which involves focusing on a specific thought or phrase. To do this, find a comfortable place to sit where you'll repeat your mantra to yourself, redirecting your thoughts if they begin to wander.

Guided imagery meditation is another good practice for people who have anxiety. It involves visualizing a place, sound or object you find relaxing and focusing on it while your body unwinds. You may consider using a guided imagery video or app to help you begin.

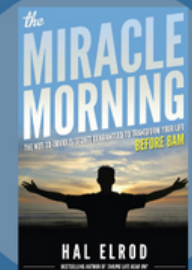
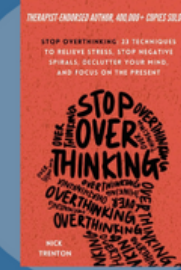
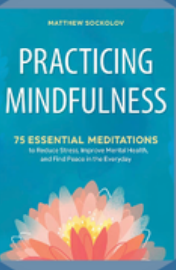
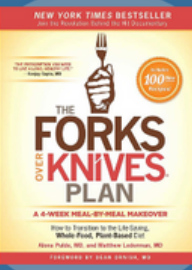
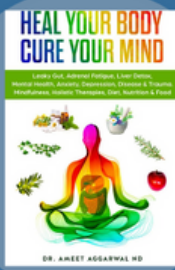
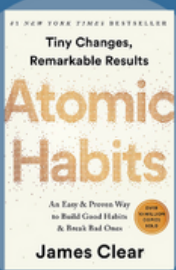
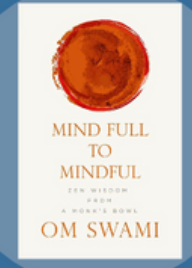
Conclusion

Anxiety is extremely common in the United States. If you suffer from anxiety or anxious thoughts, meditation may help. Try one of the practices listed here or consult a medical health care professional for further information.

Sandusky Wellness BOOK BINGO

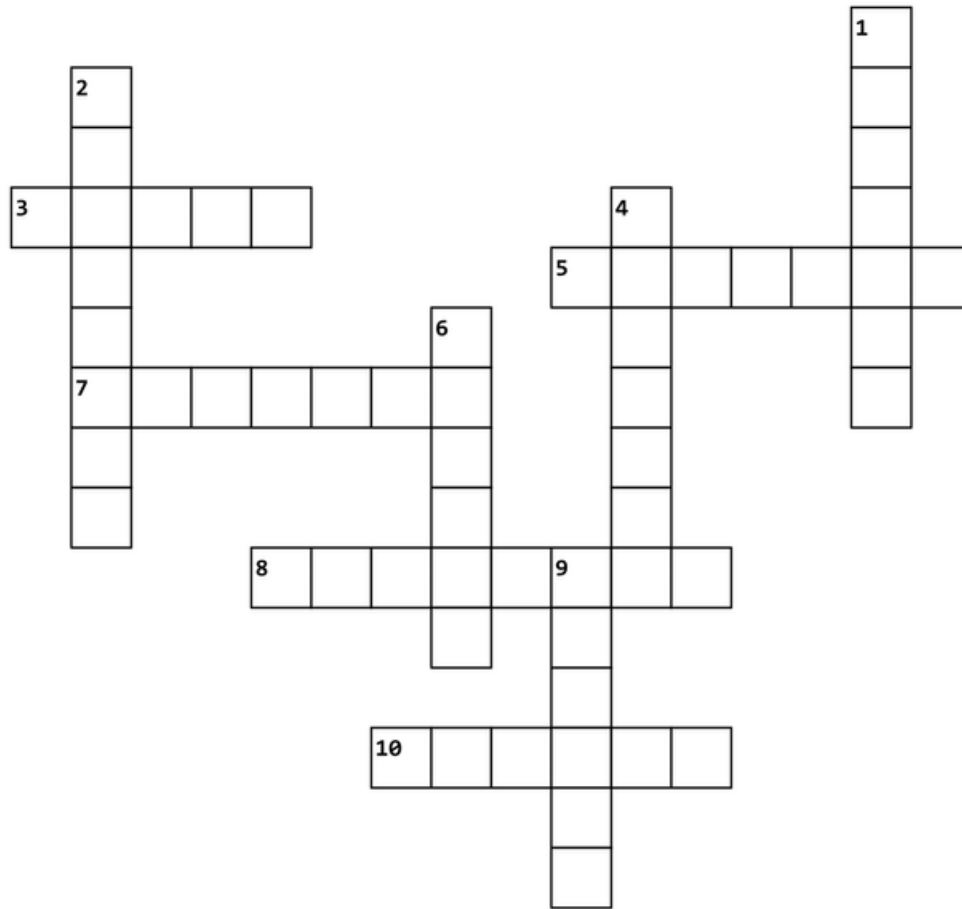


Free
space



Name: _____

November Wellness Puzzle



Across

3. Sweet potatoes stabilize blood _____, reduce inflammation, improve digestion and protect cardiovascular health.

5. Meditation can help you reduce negative feelings and social anxiety symptoms, as well as help you accept your _____ thoughts and feelings.

7. The most common signs of diabetes include thirst, frequent urination, _____ hunger, fatigue, slow healing sores, unexplained weight loss and frequent infections.

8. Do 30 minutes of aerobic _____ a day and eat fruits, vegetables, lean proteins and whole grains to help manage diabetes.

10. Kidney damage, pain, nerve _____, heart and blood vessel disease and rashes, blisters or boils are complications of uncontrolled diabetes.

Down

1. Completing a wall sit can improve _____, tone & strengthen muscles and is great for core strength.

2. Be grateful for all the things around you, including _____!

4. Guided imagery meditation involves visualizing a place, sound or object you find relaxing and focusing on it while your body _____.

6. You can prepare your mind and body for daylight savings time by altering your sleep time a few days _____ the clocks change.

9. Although you may be excited about gaining an hour, daylight savings time can negatively _____ your mental health and cognitive function.